

**Application for Award  
SKILLS CERTIFICATE IN  
FITNESS TRAINING**  
Major Code: 083500



**Instructions to student:**

1. Please complete this form.
2. Attach copies of your transcripts which include classes required for this certificate.
3. Return your completed application to Admissions & Records (SSA 218) 310-233-4020.
4. A notice will be sent to you by email once your application is reviewed and processed.

Course	Name	Units	Grade	Semester Completed	Year Completed
ANATOMY 1	Introduction to Human Anatomy	4			
<b>or</b> BIOLOGY 5	Introduction to Human Biology	4			
COMM 101	Public Speaking	3			
<b>or</b> COMM 121	Interpersonal Communication	3			
FAM &CS 21	Nutrition	3			
HEALTH 12	Safety Education and First Aid	3			
KIN MAJ 119	Physical Efficiency	2			
KIN 10	Scientific Physical Fitness Laboratory	1			
KIN 250-1	Weight Training Skills I	1			
<b>or</b> KIN 250-2	Weight Training Skills II	1			
	<b>Total Units</b>	<b>17</b>			

Student Name: \_\_\_\_\_

Student ID Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

By signing below I certify that all information is true and correct to the best of my knowledge.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FOR OFFICE USE ONLY**

Do not write in this box

Granted

Denied

Pending

Notes: \_\_\_\_\_

Reviewed by: \_\_\_\_\_

on date: \_\_\_\_\_

Student notified by email on date: \_\_\_\_\_

# Application for Award CERTIFICATE OF ACHIEVEMENT IN PHYSICAL EDUCATION

Major Code: 083500



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Course	Name	Units	Grade	Semester Completed	Year Completed
ANATOMY 1	Introduction to Human Anatomy	4			
KIN 217-1	Self Defense Skills	1			
KIN 217-2	Self Defense Skills II	1			
KIN 229-1	Body Conditioning Skills I	1			
KIN 229-2	Body Conditioning Skills 2	1			
KIN 250-1	Weight Training Skills I	1			
KIN 250-2	Weight Training Skills II	1			
KIN 272	Track and Field Skills	1			
KIN 287-1	Basketball Skills 1	1			
KIN 287-2	Basketball Skills 2	1			
KIN 291-1	Volleyball Skills I	1			
KIN 291-2	Volleyball Skills II	1			
KIN 349	Stress Reduction for Physical Efficiency	2			
KIN 350-1	Weight Training I	1			
KIN 350-2	Weight Training 2	1			
KIN MAJ 119	Physical Education - Physical Efficiency	2			
<b>Total Units</b>		<b>21</b>			

Student Name: \_\_\_\_\_

Student ID Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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Student notified by email on date:

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